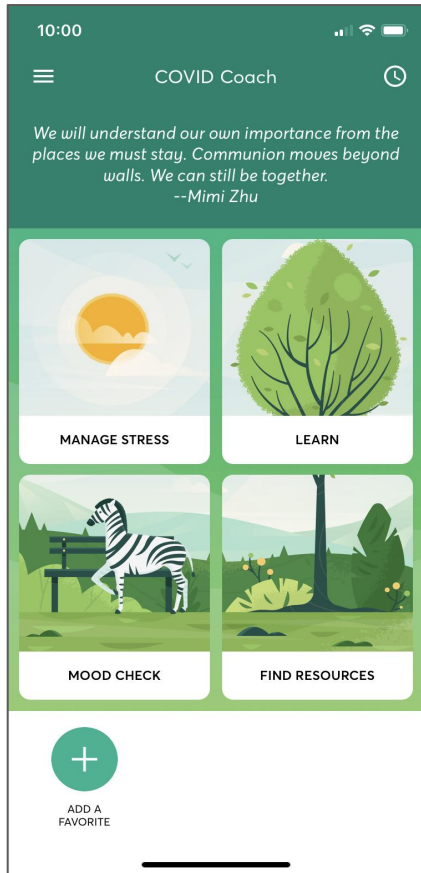
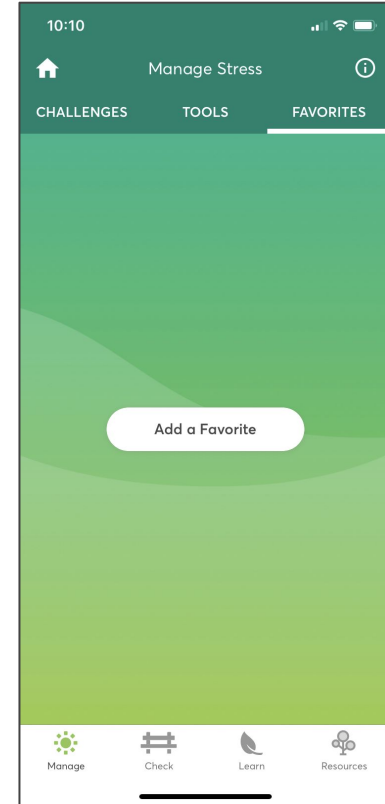
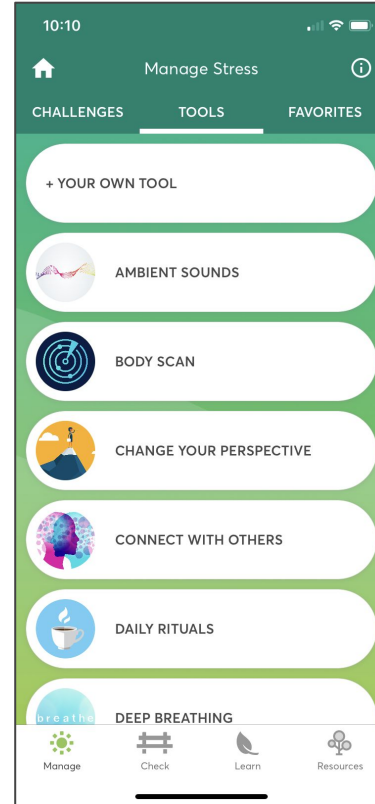
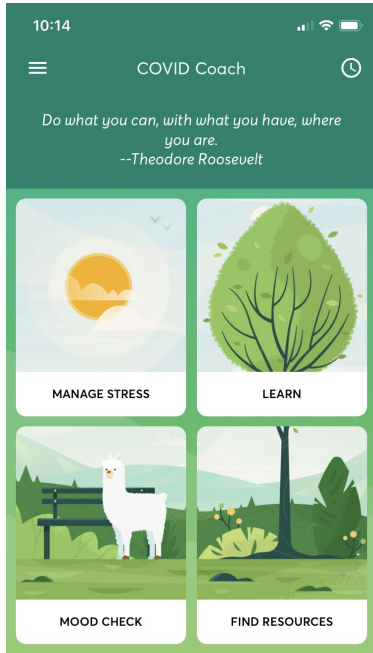


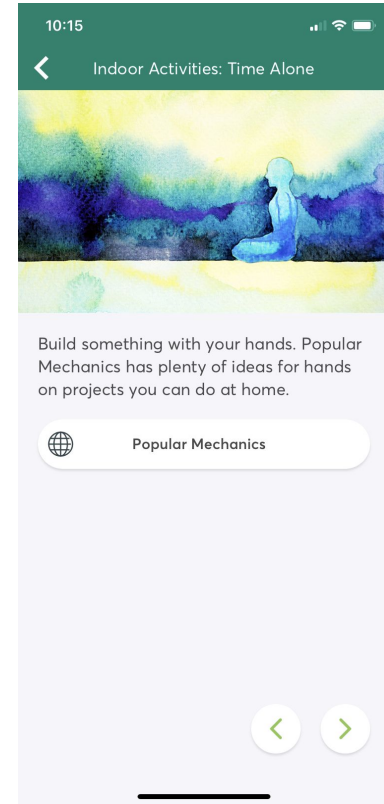
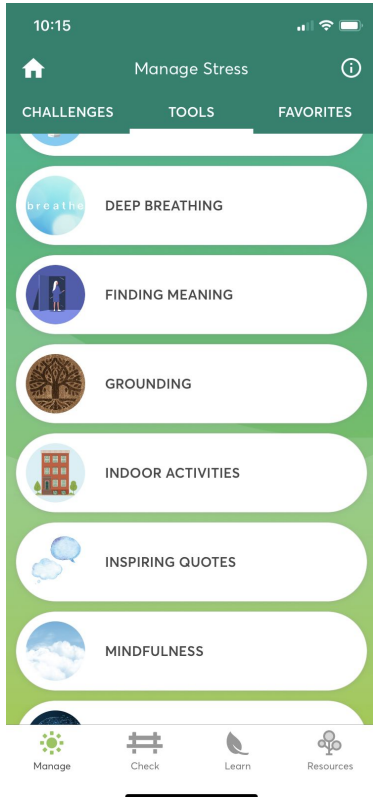
COVID Coach Home Screen



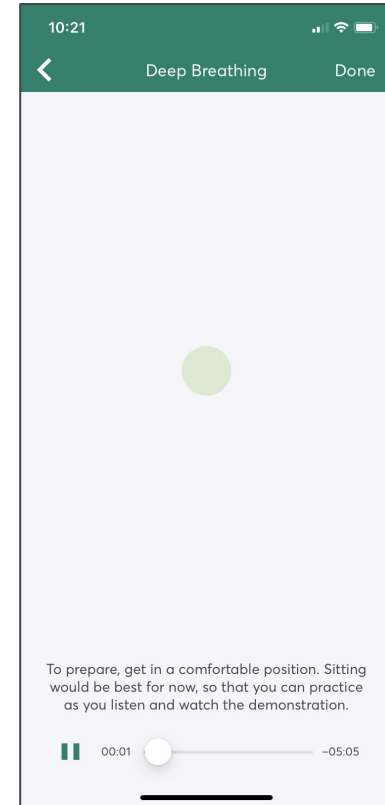
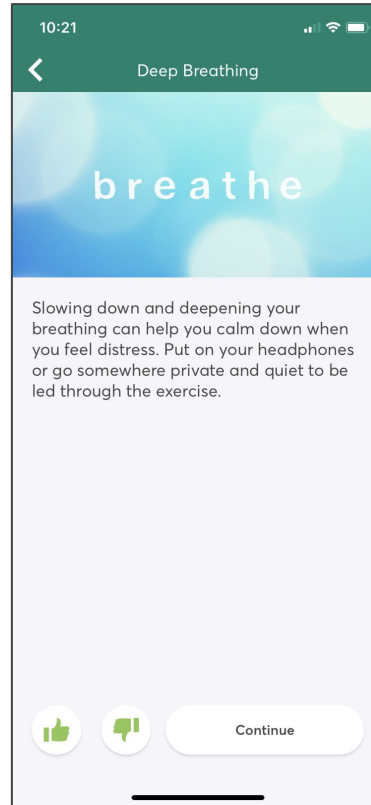
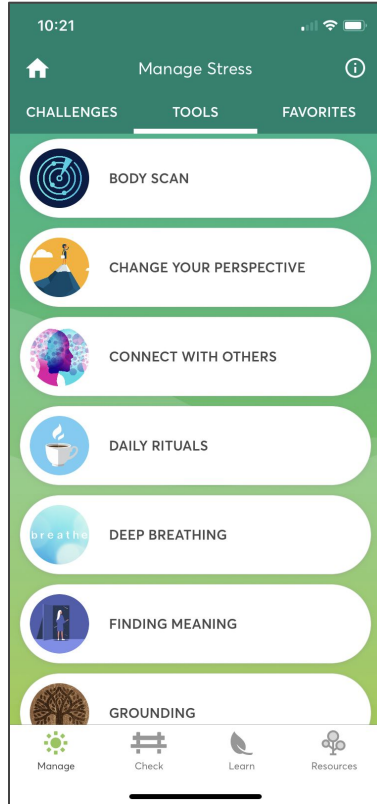
Manage Stress Overview



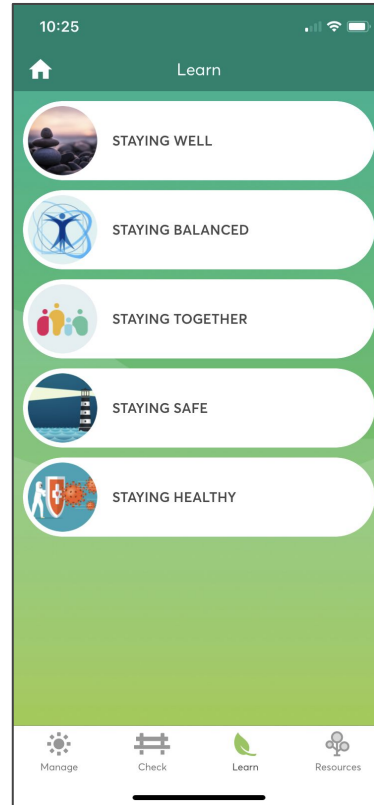
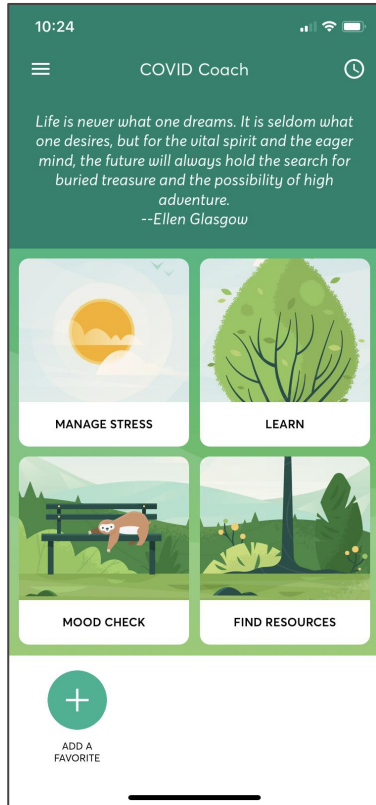
Manage Stress: Coping Tool Example 1



Manage Stress: Coping Tool Example 2










Learn Overview



Learn > Sub-sections

10:33







Staying Well

-  PRIORITIZING YOURSELF, RIGHT NOW
-  WHAT TO EXPECT
-  MANAGING IRRITABILITY
-  FINDING HUMOR
-  FINDING CALM
-  DEALING WITH LONELINESS
-  HARNESSING FRUSTRATION

Manage Check Learn Resources

10:34








Staying Balanced

-  SLEEP
-  STUCK AT HOME?
-  GO EASY ON YOURSELF
-  DO WHAT YOU CAN
-  STICK UP FOR YOURSELF
-  BEING A SMALL BUSINESS OWNER
-  COPING WITH JOB CHANGES

Manage Check Learn Resources

10:34



Staying Together

-  NOTICE THE POSITIVE
-  FIGHT FAIRLY
-  TAKE A TIME OUT
-  FIND A (VIRTUAL) COUPLES THERAPIST
-  HELP TODDLERS AND PRESCHOOLERS
-  HELP YOUNG CHILDREN
-  HELP TEENAGERS

Manage Check Learn Resources

10:34





Staying Safe

-  STAYING SAFE IN A RELATIONSHIP
-  PROTECTING CHILDREN
-  LIMITING DRINKING OR DRUG USE
-  RECOGNIZING WARNING SIGNS OF SUICIDE
-  FACING XENOPHOBIA & RACISM

Manage Check Learn Resources

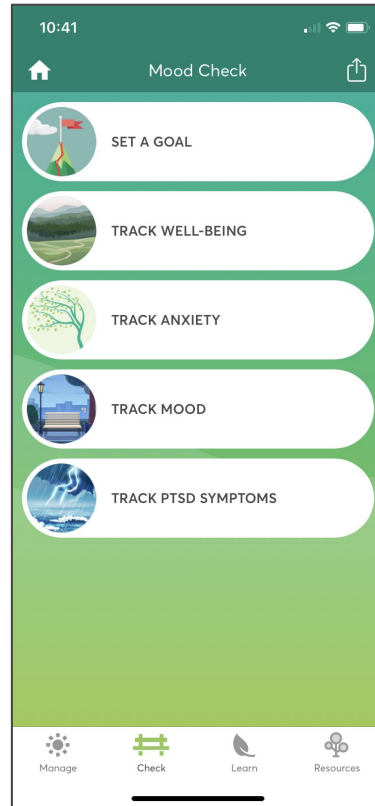
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Staying Healthy

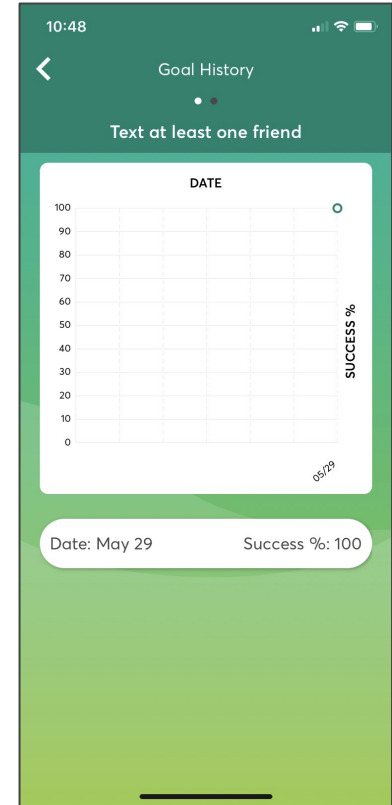
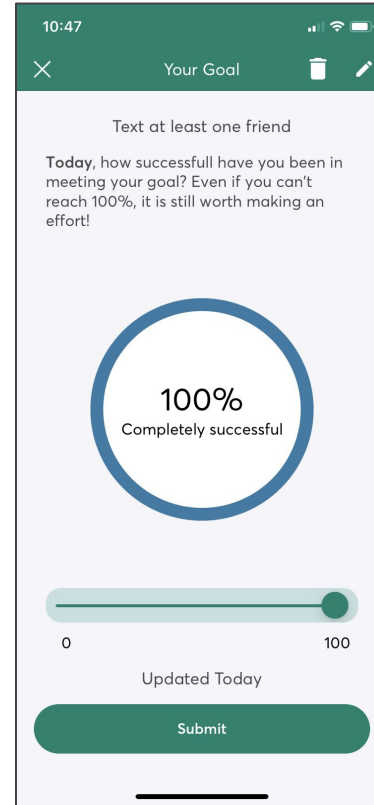
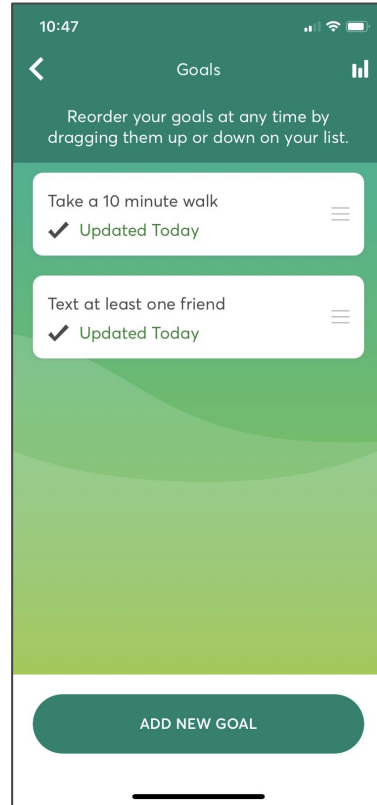
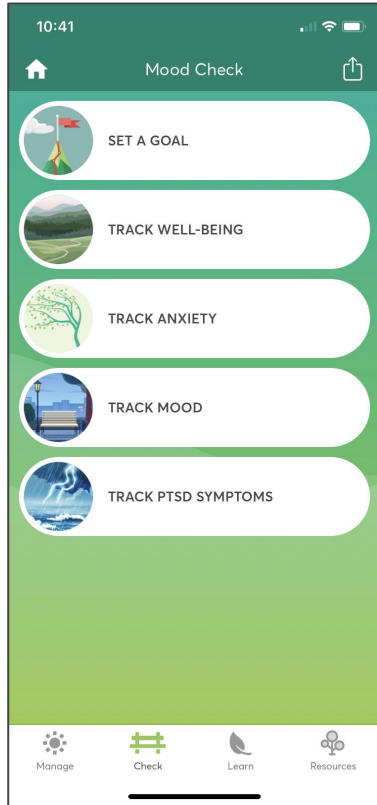
-  HOW TO PROTECT YOURSELF
-  HANDWASHING 101
-  HANDWASH LIKE A PRO
-  DISINFECTING
-  PHYSICAL DISTANCING
-  NOT TOUCHING YOUR FACE
-  IF YOU GET SICK

Manage Check Learn Resources

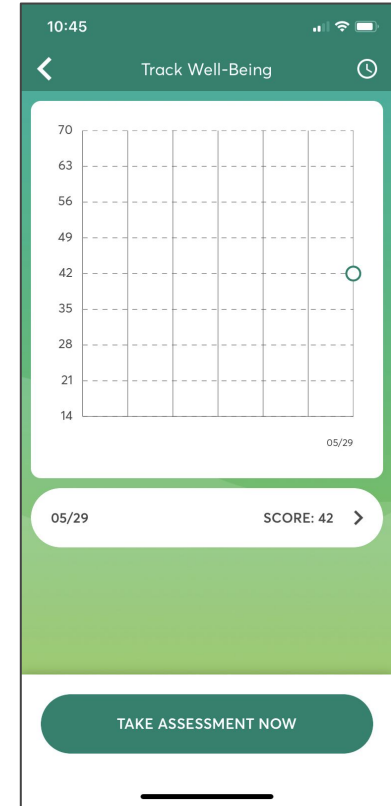
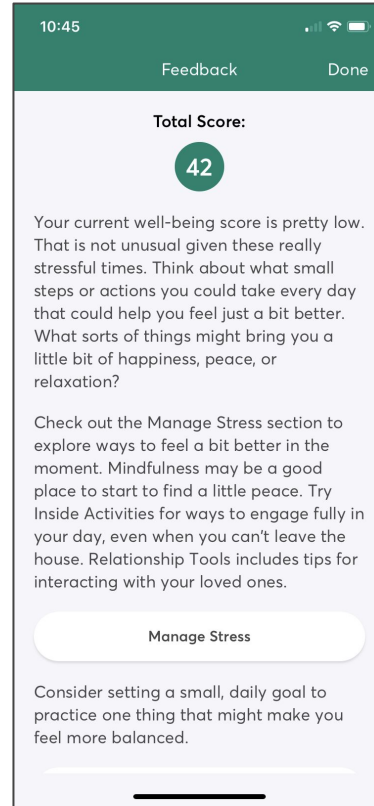
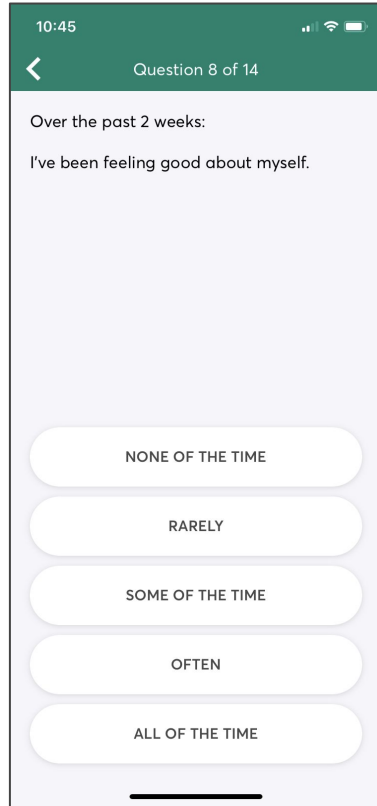
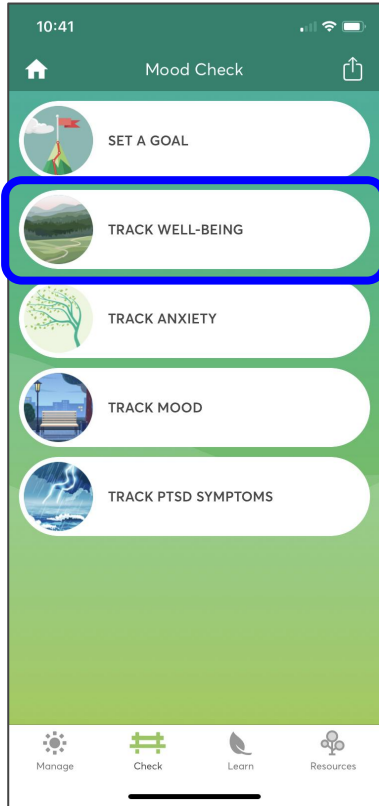
Mood Check Overview



Mood Check: Set A Goal



Mood Check: Track Well-Being (WEMBWS)



Find Resources Overview

